

News Briefs

South gate hours of operation

Effective today, the south gate will return to normal hours of operation: 6 a.m. to 8 p.m. Monday through Friday and 6 a.m. to 5:30 p.m. Saturday, Sunday and holidays. For more information, call Ext. 7128.

14th Medical Group open house

All BLAZE TEAM members and their family members are invited to attend the 14th Medical Group open house from 6:30 to 8:30 p.m. Thursday at the medical clinic front lobby. For more information, call Ext. 2365.

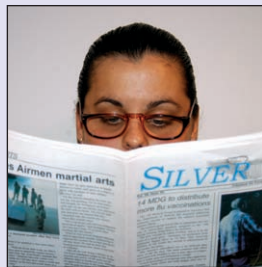
National Prayer Luncheon

The 14th Flying Training Wing sponsors its annual National Prayer Luncheon at noon Jan. 14 at the Columbus Club. The guest speaker is Chaplain (Brig. Gen.) Cecil Richardson, Air Force deputy chief of chaplains. The menu is an Italian buffet and people must sign up for the luncheon by Monday. Tickets may be purchased through first sergeants or the chapel offices for \$8 per person. For more information, call Ext. 2500.

Martin Luther King Jr. observance

All BLAZE TEAM members are invited to the Martin Luther King Jr. observance at 10 a.m. Jan. 14 at the chapel. Military members should wear long sleeve blues shirts and ties/tie tabs. The guest speaker is Senior Master Sgt. Lonnie Slater. For more information, call Master Sgt. Curtis Chiles at Ext. 2781.

Inside



COMMENTARY 6

Silver Wings mysteries solved! Learn more about the method behind the apparent madness of the public affairs publication.

New uniforms, fresh faces

BLAZE TEAM welcomes civilian security forces

Airman 1st Class Cecilia Rodriguez

14th Flying Training Wing

BLAZE TEAM members likely noticed fresh faces and unfamiliar uniforms at the base gates today.

“It’s a great pleasure to welcome SecTek DynCorp security services to Columbus AFB,” said Capt. Shannon Smith, 14th Security Forces commander. “They are going to be a great addition to the BLAZE TEAM and excellent ambassadors for Columbus AFB.”

As of today, 37 civilian security forces members will control installation entry and exit, assist with visitor center duties and conduct random antiterrorism measures for the base.

“The primary reason we went to contracted security forces is because our career field is still undermanned by about 8,000 troops according to estimates,” Captain Smith said. “Additionally, about 30 percent of the career field is deployed at any given time. The contractors have been brought here in an effort to maintain home station security while so many of our troops are serving abroad in the Global War On Terrorism.”

The SecTek DynCorp employees have received the same training as Air Force security forces. They have undergone training on a 9 mm handgun, collapsible baton, deadly use of force, Air Force paperwork and forms, and military customs and courtesies.



Airman 1st Class Cecilia Rodriguez

Capt. Richard Belew, chief of guard for SecTek DynCorp security, reviews gate guard postings with Lt. Cheryl Herndon, SekTek Dyncorp employee. Civilian security forces began manning Columbus AFB gates today.

“Except for a different uniform, you should not be able to tell the difference between an Air Force security forces person and a contractor at the gates,” Captain Smith said. “They have the same standards and will serve alongside active duty Air Force security forces personnel twenty-four hours a day, seven days a week for the next year.”

Many of the contractors are either reservists in the military, armed forces veterans, or have significant law enforcement experience in federal, state and local agencies.

“These people were hand picked because they have a lot of experience dealing with the military and law enforcement issues,” Captain Smith said. “They aggressively attacked all objectives during training this past week. They are motivated, high speed, and very committed to our mission of building the world’s best warriors, leaders and professional military pilots.”

‘Andro’ shows potential for abuse

Supplement is off limits to Airmen after Jan. 20

Staff Sgt. Todd Lopez

Air Force Print News

WASHINGTON — Airmen who take androstenedione to increase muscle mass will soon have to ditch the supplement and just do extra repetitions at the gym.

Under a new law that takes effect Jan. 20, the prohormone androstenedione will be classified as a Schedule III controlled substance. Schedule III substances are those defined by the government as having a potential for abuse.

The drug, commonly called “andro,” is used by bodybuilders to help build mass, said Col. (Dr.) Vincent Carr, the Air Force’s chief consultant for internal medicine services.

“Andro includes a number of compounds which altogether are a precursor to the male hormone testosterone,” Dr. Carr said. “Folks take this to bulk up their muscles and increase their ability to weight lift and to gain endurance for

their exercise programs.”

Once ingested, Dr. Carr said, androstenedione is converted to testosterone. Testosterone is responsible for developing such male characteristics as muscle size and body hair.

For androstenedione to create muscle mass, a user must take it in an amount that also causes side effects that are damaging to his or her health.

“Part of the problem is that if you take large amounts of androstenedione over a long period of time, you have the potential to develop liver disease, liver failure, heart disease, kidney disease and an acceleration of hardening of the arteries,” Dr. Carr said. “For ladies, it may block some of the female hormones, so they may experience symptoms such as male-pattern baldness.”

Because androstenedione creates artificial levels of testosterone in the body, natural production of the hormone can be reduced. Slowing the normal production of testosterone also affects a user’s body.

Air Force civilians receive career fields, counselors

RANDOLPH AFB, Texas — Every Air Force civilian is now assigned to a specific career field, giving them a clear point of contact for career counseling and marking the first tangible effect of civilian career field management, said Air Force Personnel Center officials here.

Career field management is the civilian equivalent to the military’s force development. Both initiatives are aimed at deliberately developing Air Force leaders.

Each civilian position has been assigned to a career field regardless of series, grade, or pay plan and a Career Field ID has been attached to each position, said Chrissy Ayers, Standard Core Personnel Document Library Manager.

Career counselor contact information and the matrix used to code each position can be viewed online at: [www.afpc.randolph.af.mil/cp/](http://www.afpc.randolph.af.mil/cp/).

Positions that do not clearly meet the logic on the matrix will be forwarded to AFPC for a career field determination.

“A male may find that because he doesn’t have normal testosterone production, his testicles get smaller,” Dr. Carr said.

Use of androstenedione is also known to reduce sperm count in men and to reduce breast size in women. The drug may also have psychological effects.

“One of the biggest problems that gets users into trouble is that aggressive behavior manifests itself,” Dr. Carr said. “They get into fights, and that could have a major effect on the work environment.”

Androstenedione is found in many bodybuilding supplements that are available in nutrition and fitness stores. But Lt. Col. Ronald Blakely, the staff food and drug safety officer for the Army and Air Force Exchange Service, said the products are no longer available in AAFES stores.

Colonel Blakely also said that General Nutrition Center concessions no longer sell “andro” or “nor-andro” products.

On Jan. 20, androstenedione may no longer be legally purchased. It will also be illegal to use the prohormone, even if it was purchased before then.

Use, possession, or distribution of androstenedione after Jan. 20 will be a violation of the Uniform Code of Military Justice.

SILVER WINGS

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Submission Deadline

The deadline for submitting copy for next week’s SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (05-13)	-3.81 days	-3.56 days	Feb. 11	48th (05-04)	1.54 days	-0.26 days	Jan. 21	T-37	309	244	7,176
41st (05-14)	5.99 days	1.16 days	March 9	50th (05-04)	-2.19 days	-0.90 days	Jan. 21	T-38C	150	160	3,783
								T-1A	134	129	3,254

Graduation speaker: Col. James Kowalski, Deputy Director for Operational Plans and Joint Matters for Contingency Operations

14TH FLYING TRAINING WING DEPLOYED

As of press time, 67 BLAZE TEAM members are deployed worldwide. Remember to support the troops and their families while they are away.



Capt. Gregg Beeber  
37th Flying Training Squadron

STAR BLAZER

Selected for U.S. Air Force Test Pilot School

The 14th Flying Training Wing congratulates Captain Beeber on his acceptance to the Air Force Test Pilot School. He will begin training with Class 05-B July 1 at Edwards AFB, Calif.



# DFAS announces schedule for tax statements release

The beginning of the New Year means only one thing in the tax world, tax statements (W-2, 1099R). The Defense Finance and Accounting Service has compiled a schedule of dates when service members, military retirees and annuitants, and defense civilian employees can access their 2004 tax statements

through myPay and when they can anticipate receiving the hard copy delivery by mail if they don't have a PIN.

Military members, retirees/annuitants and DFAS civilian employees will once again have access to view, save and print their tax statements from myPay at <https://mypay.dfas.mil>. The Internal Revenue Service (IRS) has approved this version for filing with your personal tax returns.

DFAS delivers personal pay information and provides the ability to process pay-related transactions timely, safely and securely to all its members through

myPay. The Web-based system eliminates the risks associated with postal delivery by allowing members to access electronic tax statements and other financial information online. MyPay matches existing industry standards for the highest level of encryption and security. This prevents customer information from being

accessed by others on the Internet.

Availability of tax statements is as follows:		
	myPay access	mail hardcopies
Retired Annual Statement	12/04/04	12/17/04-12/29/04
Retired 1099R	12/13/04	12/17/04-12/29/04
Annuitant Annual Statements	12/13/04	12/28/04-12/29/04
Annuitant 1099R	12/14/04	12/27/04-12/29/04
Air Force, Army, & Navy Reserve W2s	12/27/04	01/04/05-01/05/05
Civilian W2s	01/06/05	01/10/05-01/14/05
Marine Corps Active & Reserve W2s	01/10/05	01/18/05
Air Force, Army, & Navy Active W2	01/14/05	01/18/05-01/24/05
The following statements are available by mail only:		
Special Compensation for Severly Disabled 1099Rs	12/17/04	
VSI/SSB W2s	01/04/05-01/05/05	
Travel W2s	01/10/05-01/11/05	
Savings Deposit 1099INTs	01/10/05-01/11/05	

Jim Pitt, director of Electronic Commerce, DFAS Military and Civilian Pay Services. "Earlier access to W-2s and other tax statements is another way myPay gives users control of their pay information."

If you have any issues or concerns, your finance offices stand ready to assist you. *(Courtesy of <https://mypay.dfas.mil/>)*



Airman 1st Class Cecilia Rodriguez

**Carolyn Jones, tax center director, completes a final quality check on the season's first return. The free tax center service is located in Capitol Village at 7211A Atlanta Drive. Hours are from 8 a.m. to 5 p.m. Monday through Wednesday and Friday, 11 a.m. to 7 p.m. Thursday and 10 a.m. to 2 p.m. Saturday. For appointments, call Ext. 7613.**

## New guest policy implemented at fitness center

**Airman 1st Class Alexis Lloyd**  
Public Affairs

The 14th Flying Training Wing recently implemented a new guest policy at the fitness and sports center.

"There has been a significant increase in the number of active-duty Air Force members using the fitness center with the establishment of the Chief of Staff of the Air Force's 'Fit to Fight' program," said Fred McKenney, 14th Services Division chief.

The fitness center had more than 18,000 additional visits in 2004 than in 2003, which required the fitness center to change its policy to ensure availability to authorized patrons, Mr. McKenney said.

Two guests are allowed to accompany active-duty Airmen and their family members to the fitness center.

All other authorized patrons, such as retirees, guard

members, and Department of Defense, non-appropriated fund and base contracted employees are allowed to have one guest accompany them to the fitness center.

A complete list of authorized patrons can be found in Air Force Instruction 34-262, Services Programs and Use Eligibility.

Sponsors should monitor their guests and are responsible for their guests' conduct and actions.

Children 10 to 15 years old may use cardiovascular equipment and weight room areas under direct supervision of a parent or legal guardian.

A one-time orientation is required to inform parents and legal guardians of youth fitness recommendations from the American Academy of Pediatrics, the American College of Sports Medicine and the National Strength and Conditioning Association.

Upon completion of this orientation, a waiver must

be signed to release Columbus AFB and the Air Force from liability in case of an injury. No appointment is needed for the orientation.

Children younger than 10 years old are allowed to use the fitness center as spectators but must be accompanied by a parent or guardian at all times, Mr. McKenney said.

Ages 16 and older who are authorized patrons are granted unrestricted use of all facilities and equipment.

"The Air Force Fitness and Sports Program contributes to readiness and improves productivity by promoting fitness, esprit de corps and quality of life for Air Force people," Mr. McKenney said. "It is critical that we ensure authorized users are given priority to maintain a force that is 'Fit to Fight.'"

For more information about the policy, call the fitness center at Ext. 2772.

## Crash leads to investigation, Raptor safety stand down

**Master Sgt. Scott Elliott**  
Air Force Print News

**WASHINGTON** — Commanders of units flying the F/A-22 Raptor called for a safety stand down of the fleet following a crash Dec. 20 at Nellis AFB, Nev.

The pilot ejected safely and suffered no serious injuries.

The aircraft, assigned to the 422nd Test and Evaluation Squadron at Nellis, crashed on takeoff and exploded. Officials said an interim safety board will investigate the

accident, but it may take months before an official determination can be made as to the cause.

Maj. Gen. Stephen M. Goldfein, commander of the Air Warfare Center at Nellis, stood down the remaining seven F/A-22s at the base immediately following the crash pending a complete inspection. That inspection could take hours or days to complete, depending upon findings.

"The purpose (of the inspections) is to prevent anything like this from happening again," the general said.

Commanders at Tyndall AFB, Fla., and Edwards AFB, Calif., have also suspended F/A-22s from flying during a precautionary safety stand down.

"It's doubtful (the Raptors) will be grounded for the entire length of the investigation," said Air Force spokesman Doug Karas.

"The Air Force will investigate the accident and apply what it learns to improve flight safety of the F/A-22," Mr. Karas said. "There should not be a long-term impact to the F/A-22 program."

"I have full confidence in the investigation process and await the results of the accident and safety investigations," said Air Force Chief of Staff Gen. John Jumper.

The Raptor is a priority transformational program and has logged more than 7,000 flight hours. Air Force officials said they plan to purchase about 277 of the aircraft from Lockheed Martin Corp.

*(Editor's note: As of press time, the F/A-22 Raptor precautionary safety stand down has been cancelled.)*

## DOD prepared to bolster medical, health support for Tsunami victims

**Donna Miles**  
American Forces Press Service

**WASHINGTON** — Defense Department officials are ready, willing and prepared to provide medical assistance as needed to aid tsunami victims and help stem widespread disease, the Pentagon's top doctor said Jan. 4.

Dr. William Winkenwerder Jr., assistant secretary defense for health affairs, said DOD officials are working closely with affected nations, other U.S. government agencies and non-governmental agencies to deter-

mine what is needed, and get help to the region as quickly as possible.

The top request right now is for mortuary affairs experts to help deal with the nearly 150,000 people killed during the Dec. 26 tsunamis in the Indian Ocean.

Other challenges are getting food, water and medical supplies to the region for the survivors, including hundreds of thousands living in crowded, unsanitary conditions that Dr. Winkenwerder called "breeding grounds for disease."

The goal is to "help stem a

second wave of disaster," including epidemics such as e. coli, cholera, Hepatitis A and other waterborne diarrheal illnesses, as well as respiratory diseases such as measles. In the weeks ahead, Dr. Winkenwerder said, malaria and dengue also could become health risks.

Dr. Winkenwerder also said loose and floating material continues to cause injuries as cleanup efforts begin.

DOD officials are "prepared to provide a significant enhanced effort" to help meet the health and medical needs of the region, he said. Officials are focusing

their response in two general areas: transportable medical facilities and logistics support.

Dr. Winkenwerder said the military could fly as many as eight field hospitals to the region very quickly and has "plenty of medical materials on hand within Pacific Command" to contribute, if needed.

In addition, Lt. Gen. (Dr.) George Peach Taylor Jr., Air Force surgeon general, said the Air Force could contribute smaller, modular hospital units that fit onto C-17 Globemaster III or C-130 Hercules aircraft.

A 25-bed modular hospital that fits onto two C-17s, is sitting on the runway in Yokota Air Base, Japan, awaiting orders to deploy.

These hospitals could deploy

with or without medical staffs, depending on need. However, Dr. Winkenwerder said, using medical providers from the region who are able to speak the local language generally would be preferable.

Navy officials are preparing the hospital ship Mercy to ensure it is ready to respond, if called. The ship could reach the region within two to three weeks, Dr. Winkenwerder said.

The United States is "better prepared than we've ever been" to assist in the Asian crisis, he said largely because of mass casualty exercises conducted in recent years to prepare for a potential domestic disaster.

"We're here to help. We want to help, and we're prepared to help," he said.

## Assignment listing available Mon.

**RANDOLPH AFB, Texas** — The Enlisted Quarterly Assignment Listing for Airmen returning from overseas and those listed as "mandatory movers" within the continental United States from May through July will be available Jan. 11.

Individuals need to work through their

military personnel flights or their commander's support staff to update their preferences by Jan. 25. Deployed Airmen must work with their personnel representative to update assignment preferences. Airmen will be notified of their selection by mid-

February, Air Force Personnel Center officials here said.

EQUAL advertises upcoming assignment requirements by Air Force specialty and rank. People should review, prioritize and update their assignment preferences based on the list, officials said.

People can view the lists online at <https://afas.afpc.randolph.af.mil/amsweb/master.cfm> or at their local MPF. For more information, call the MPF at Ext. 2607. *(Courtesy of Air Force Personnel Center/News Service)*

**Base newspaper online** People may view past Silver Wings issues online by clicking on the "Base Newspaper" link at [www.columbus.af.mil](http://www.columbus.af.mil). For more information, call Ext. 7070.

## U.S. Air Force Eagle Eyes

Security Forces Squadron front desk 24 hours a day at Ext. 7128.

Do your part to stop terrorism. The first step is knowing what to look for. Always keep an eagle eye out for suspicious behavior. Call the 14th



Straight Talk Line

Timely postal service delivery

**Question:** I live in the base dorms, and I was wondering why the on-base mail was being delivered so sporadically to our dorm mailboxes.

I can accept the fact that some letters may get delayed a few days getting through the base post office system, but on several occasions I have received — on the same day — letters that were sent from the same location seven days apart from one another (not around a holiday either). I also subscribe to a weekly magazine and on more than one occasion I have received two issues on the same day, meaning that one of them is obviously getting delayed a full week while the other is not.

There have been occasions where letters coming from nearby places such as Alabama and Tennessee have taken well over a week to get here, as well. On a more recent occasion, I had an urgent package “over-nighted” to me via FedEx. It took 3 days just for me to get the package notification in my dorm box, and I could not pick it up until the next day. It took a total of four days to get my overnight package.

**Answer:** Thank you for the feedback and very valid concerns. We are determined to field the Air Force’s finest mail services. Our Quality Assurance Evaluators for on-base distribution are redoubling their efforts to ensure no delays and have asked the U.S. Postal Service to do the same.

One factor that may have contributed to your situation is rainy weather. Due to complaints of mail getting wet, we advise all new patrons that mail is available only at the postal service center during inclement weather. In the meantime, a project is being programmed to waterproof the dorm mailboxes so we can resume continuous direct delivery. Rain or shine, we want to get your mail to you dry and as fast as possible. Postal service center hours are from 8 a.m. to 5 p.m. Monday through Friday and 11 a.m. to 12:30 p.m. Saturday.

Patrons should also be aware that express packages delivered after the daily mail run won’t be advertised to the patron’s mailbox until the following day’s run, although the center will promptly notify you by phone if you include a local contact number on the package. If you don’t retrieve your package during operating hours on the day of the notice, this could mean yet another delay.

So, we encourage you to call Ext. 2959 or visit the mail room on the day you expect your package to arrive rather than waiting for the delivery notice. Please call or e-mail 14 CS/SCBA, Tech. Sgt. Hallie Williams or Staff Sgt. Amba Meadows at Ext. 2889 or Ext. 3431 with additional feedback or questions to help us improve your mail service.

Col. Stephen Wilson  
14th Flying Training Wing commander

*The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential.*

*Written questions may be dropped off at the public affairs office in the wing headquarters building, Bldg. 724. People can also access the Straight Talk program through the Blazeweb at <https://columbusweb> and the main Web site at [www.columbus.af.mil](http://www.columbus.af.mil). Questions and answers will be edited for brevity.*

Reflections of the past year

Connie Lisowski  
14th Flying  
Training Wing



As I drove around base over the holidays, I noticed something was distinctly different. It didn’t take me long to realize what I was missing — the shrill whine of the T-37s flying overhead patterns, the loud afterburners of the T-38s taking off and the smell of jet fuel lingering in the air.

The two-week holiday break gave everyone a respite from the rigorous demands of day-to-day operations and provided an opportunity to reflect on the past year.

I have heard people refer to Columbus AFB as the Air Force’s best kept secret. Others have called it a small “sleepy hollow,” but they’re wrong!

Over the past year, Columbus graduated one-third of the Air Force’s pilots and also trained pilots from countries such as Ecuador, Japan, Italy, and Uzbekistan, just to name a few. Three hundred and sixty-one pilots in 15 classes received their silver wings. In addition, the base flew 65,235 sorties, which makes it the busiest airfield in the Air Force.

We can also claim the busiest radar approach control facility in the Air Force today. Our controllers monitor approximately 360,000 traffic movements a year.

As you drive around base, you can see numerous construction projects that were recently completed or are still in progress.

Some of the completed projects include repaving Simler Boulevard, the new RAPCON building, the child development center addition, sun shelters for the T-38s, and the new military working dog kennel.

On-going projects include a new air traffic control tower, security forces mobility warehouse and a consolidated parking lot near the maintenance area.

The base also hosted several events and distinguished visitors this past year.

A two-day event to honor the Mississippi Tuskegee Airmen included a breakfast, mission brief,

dedication of the Tuskegee Airmen display case located in the 14th Operations Group building, a formal banquet, and presentation of medals to Tuskegee Airman 1st Lt. Quitman Walker’s family. Ten original

Mississippi Tuskegee Airmen, along with Alva Temple, a longtime Columbus resident and Tuskegee Airman, attended the celebration. It was certainly an honor and privilege to meet these humble men and hear their stories first hand.

The annual Go 4th celebration provided numerous activities for family enjoyment and culminated with a spectacular fireworks display choreographed to music.

The base’s list of 2004 distinguished visitors includes Governor Haley Barbour, Senators Terry

Brown and Thad Cochran, actor Morgan Freeman and a Uzbekistan delegation. They were just a few of the visitors that got to experience how the BLAZE TEAM operates.

The introduction of the new Air Force Fitness Program made some people realize they had “a little work to do,” but the unit fitness monitors soon had them on the right track.

In addition, preparation for the Base Realignment and Closure process, multicultural celebrations, quarterly and annual awards programs, Pilot For a Day visits, career day, Hurricane Ivan evacuee assistance, base exercises, honor guard details, First Term Airman Center and Airman Leadership School classes kept base personnel extremely busy.

As if the high ops tempo and extracurricular activities weren’t enough to fill the hours in a day, the base also contributed to the local community by participating

in or hosting various events. The Relay For Life event, Hug-A-Bear program, Day to Care, a civic leader tour, Educator Awareness Day, and the Franklin Elementary Partners in Progress are only a few examples of the great relationship between the base and community.

We cannot forget our fellow comrades who deployed at some point during the year. More than 90 of Columbus’s own were deployed worldwide to places such as Iraq, Kuwait, and Afghanistan to support the Global War On Terrorism.

They put their lives on the line daily and experienced situations and suffering that they will probably never forget. The 14th Security Forces Squadron continually provides personnel for deployments.

Because of the increased threat awareness after 9/11 and the shortage of 14 SFS personnel, the Mississippi Army National Guard arrived approximately two years

ago to assist them with duties such as perimeter patrol and entry control.

The Army guardsmen quickly became part of the BLAZE TEAM by participating in fundraisers, intramural sports and volunteer opportunities.

The base bid farewell and honored the members of the Army National Guard at a banquet in November. Their cheery smiles, can-do attitudes, and friendly greetings at the gate will truly be missed.

It was a very busy and rewarding year for Columbus AFB. The two-week holiday gave everyone a needed break.

Base personnel have returned to work energized, ready to tackle the New Year and have hit the ground running — because in only a few short months, the Operation Readiness Inspection team arrives. Welcome back from the holidays and Happy New Year.

*I have heard people refer to Columbus AFB as the Air Force's best kept secret. Others have called it a small "sleepy hollow," but they're wrong!*

So you don’t like the newspaper? Read this first

Yes — there is a reason we have ‘too many ads,’ can’t include ‘that brief’ or attend every photo op

Airman 1st Class Cecilia Rodriguez  
14th Flying Training Wing

It’s 4 a.m. Thursday and I can’t go to sleep. I’m not an insomniac — and yes, I’m very tired. But there are a few loose ends left to wrap up for the first issue of 2005; and as Silver Wings editor, I can’t short-change my readers.

Before critiquing the redesigned product, here are a few tid-bits about newspaper production that you may not know.

Col. John Kenney  
82nd Medical Operations  
Squadron

**SHEPPARD AFB, Texas —** “Flight #254 from Salt Lake City to Dallas is now boarding.”

Bidding my family farewell, I hurried through the terminal gate, shivered down the frigid entry ramp, and found my seat on the huge Boeing 767 headed east towards Sheppard. Over the next hour, I peered through the aircraft window at the snow-blanketed valley while we completed de-icing procedures, safety briefings, and the long wait for our take-off opportunity.

Finally, the pilot declared “we are #1 for departure.”

As the enormous engines moved the aircraft to the middle of the flight line, I recalled my basic understandings of wing design and lift. I thought to myself the only way the pilots are going to get this enormous structure of metal, luggage, and people off the ground is to seize this opportunity to move forward — and do so forcefully, without hesitation.

The engines roared, then screamed; the plane surged ahead, pulling 400 passengers deep into their seats; the markings on the icy tarmac quickened and then blurred as we gained speed. Within minutes the overhead sky turned to a bright blue and we climbed and then soared at 660 mph, 35,000 feet above the snow-covered mountains, fog and clouds.

In order to meet deadline, newspaper layout is essentially finished by the end of the day Wednesday ... which is why it’s not always feasible to honor last-minute requests for articles and photos.

In some cases, a two or three sentence brief can mean redesigning not only one, but two or three entire pages depending on which articles and photos get shifted and/or excluded.

Some readers have expressed irritation with too many ad pages, but unfortunate-

ly we have no control over the quantity.

And why can’t we simply replace a page of advertisements with continued articles and photos instead?

The Columbus Commerical Dispatch prints our publication at no charge in exchange for the advertisements they sell, which is why the paper is free for our readers. Sometimes we have eight pages of ads; this week we have four. The number depends on how many local businesses would like your attention.

degree and obtained a commission. Thirty years later, he retired as a general officer.

This retired general credited his success, in part, at the opportunity he seized that Saturday morning years ago.

The take home message: never pass-up an opportunity, even if it means taking a risk; you never know where the experience might lead. Be first to volunteer for special projects, community activities, extra responsibilities or something you have not done before.

That singular opportunity may be your ticket to a great, perhaps wonderful life-changing event.

If we are to climb and soar in our careers, in addition to seizing opportunities, we must aggressively and continually move forward. We move forward by setting goals and priorities and persevering until we achieve each goal.

We know what we need to do: finish Career Development Courses, finalize Professional Military Education, complete one or two academic degrees, prepare for promotion testing, develop writing and speaking skills, obtain certifications and learn more about our job and jobs of others in our organization.

As we begin this New Year, each of us would do well to ask ourselves, “are we just biding time, waiting for the next phase of our life to begin, or are we seizing opportunities and aggressively moving forward, positioning ourselves to climb and soar?”

Letter to the Editor

*The Happy Christmas Fund would like to thank Columbus AFB for its support of the Christmas campaign this year. With your help, we were able to provide clothing presents to 432 local Columbus children and 150 fruit baskets to elderly and homebound residents. Your cash, check and Combined Federal Campaign donations financed these outstanding numbers.*

*The time given by base volunteers from the Columbus Officers' Spouses' Club, 14th Flying Training Wing Public Affairs, 14th Civil Engineer Squadron, and 14th Services Division along with the generous support of the base exchange and the commissary made it all possible. This was a great showing of the Christmas spirit.*

Many thanks,  
George “Happy” Irby and Julie Keck

Letter to the Editor

*On behalf of the Columbus AFB First Sergeant Council, I would like to extend our gratitude to the men and women of the BLAZE TEAM. Because of your generous donations, we were able to provide families with commissary gift certificates for Thanksgiving and Christmas. With help from the Angel Tree and Toys for Tots, we provided 64 children with presents for Christmas.*

*We would like to send a special thanks to the Veterans of Foreign Wars Post 4272, American Legion Post 217, Mr. and Mrs. Charles Adkins of Toys for Tots, the base chapel, and those organizations and families who purchased gifts for the Angel Tree program. Their combined contributions totaled more than \$8,000 for the holiday seasons.*

*Because of the caring men and women here at Columbus AFB, the First Sergeant Council was able to fulfill its primary responsibility ... taking care of the men and women who accomplish the mission! We truly appreciate your support in making Columbus AFB the best team in the Air Force.*

Senior Master Sgt. Marty Anderson



# Time for New Year's resolutions

## The United States Air Force Spouse Pin Program

Recognizing the Spouses of America's Air Force



[www.yourguardiansoffreedom.com](http://www.yourguardiansoffreedom.com)

"I want to work out five days a week."

**Jon Lacy**  
14th Services Division

"My New Year's resolution is to have more patience."

**Senior Airman Sandra Labiche**  
14th Operations Support Squadron

"I want to attain better health by working out more often and eating right."

**Capt. Eddie Kim**  
14th Operations Support Squadron

"I want to spend less time cleaning up the house and more time enjoying fun activities with the family, shave a minute off of my best 1.5-mile run time and eat more ice cream!"

**1st Lt. Chandra Peek**  
14th Mission Support Squadron





## Base Notes

### Sampson Veterans

The Sampson AFB Veterans Association seeks former Prisoner of War/Missing In Action servicemembers who completed training at Sampson AFB, N.Y., between 1951 and 1956 or the servicemembers' families. For more information, contact Chip Phillips at (716) 633-1119 or chip34@aol.com.

### Thrift Shop

The Thrift Shop, located at Building 345, C Street, is open from 3 to 6 p.m. Tuesdays and from 9 a.m. to 1 p.m. Thursdays. Volunteers are welcome. Consignments will not be accepted Tuesday and Thursday. For more information, call Ext. 2954.

### Student spouse group

The Columbus Officers' Spouses' Club student spouse group sponsors its monthly gathering from 4 to 6 p.m. Jan. 20 at the bowling center. The event allows both new and casual student spouses to get to know one another and form friendships. To sign up or for more information, contact Veronica Lestina by Jan. 15 at (319) 931-0980 or veronickins@hotmail.com.

### COSC scholarships

The Columbus Officers' Spouses' Club offers scholarships to graduating high school seniors and continuing education students. Applicants must be dependents of either active-duty, retired, missing in action, active-duty reservist or deceased military members associated with Columbus AFB.

Applications are available at the education center, family support center or local high school guidance offices, and the deadline is Jan. 31. For more information, call Marla Fisher at 434-5527.

### Annual awards banquet

The 14th Flying Training Wing 2004 Annual Awards Banquet is Feb. 5 at the Columbus Club. The social starts at 6 p.m., and the dinner begins at 6:30 p.m. The menu is London broil or stuffed chicken breast served with roasted new potatoes, salad, chef's vegetables, rolls and turtle cheesecake. Cost is \$17.50 for E-1 through E-4, \$19.50 for E-5 through E-6 and \$21.50 for senior NCOs, officers and civilians. Club members receive a \$2 discount. Participants must sign-up for the banquet by Jan. 31.

The child development center and youth center will provide child care. Child care availability is dependent upon the amount

of attendees. Cost is for \$4 per hour for the CDC and \$3 per hour for the youth center. Both require a \$5 deposit. The deadline to sign-up for child care is Jan. 21.

To sign up for the banquet see a first sergeant or call Master Sgt. Kerry Slater at Ext. 2488. For additional information, call Senior Master Sgt. Renee McCollum at Ext. 3075.

### SAT testing

The education center will administer the Scholastic Aptitude Test at 8 a.m. Feb. 3 for active-duty military members who need to complete the exam for educational reasons or to apply for a service-related program such as a commissioning program. There is a limited number of exams and personnel will be scheduled on a first come, first served basis after verifying the need to take the exam. To sign up, call Ext. 2563.

## Family Support Center

**(Editor's note: All activities are offered at the family support center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)**

### Health benefits

A seminar with information about health benefits available to personnel who are separating or retiring from the military is from 3:30 to 4:30 p.m. Tuesday.

### Hearts Apart social

A social gathering for families of personnel deployed or remote for more than 30 days is at 5:30 p.m. Thursday. Information, refreshments and prizes are provided.

### TAP workshop

A transition assistance workshop for people within one year of retirement or separations from the military is from 7:30 a.m. to 4:30 .m. Tuesday through Thursday.

### State employment

A workshop for employment assistance with the Mississippi Department of Employment Security for those separating or retiring is from 9:50 to 10:20 a.m. Thursday.

### Veterans' benefits

A Department of Veterans Affairs benefits seminar is from 10:30 a.m. to noon Thursday.

### Small Business Development

A seminar on starting one's own business

and whom to contact at a Small Business Development center for assistance is from 1 to 1:45 p.m. Thursday.

### Federal employment

A workshop on how to apply for federal employment (with emphasis on the Air Force Personnel Center) is from 1:45 to 3 p.m. Thursday.

### JROTC program

A slide presentation on entering the JROTC program as an instructor is from 3:30 to 4 p.m. Thursday.

### Relaxation class

The second of six consecutive classes on how to practice progressive relaxation begins at 12:30 p.m. Jan. 14. The third class begins at 12:30 p.m. Jan. 19. The fourth class is scheduled from 12:30 p.m. Jan. 25.

### Financial management

A personal financial management workshop discussing a variety of money matters begins at 2 p.m. Jan. 20.

### Sponsorship training

A workshop designed for all unit introduction monitors begins at 9 a.m. Jan. 25. Training includes the importance of effective sponsorship and resources available for both sponsors and newcomers.

## Chapel Schedule

### Catholic

Sunday:  
9:15 a.m. — Mass  
10:30 a.m. — CCD at Bldg. 1052  
5 p.m. — Confessions  
5:30 p.m. — SUPT Mass

### Protestant

Sunday:  
9 a.m. — Sunday school  
10:30 a.m. — Contemporary worship service at the community center  
10:45 a.m. — Traditional worship  
Tuesday:  
10:30 a.m. — Ladies Bible study  
Noon — Lunch and Bible study  
Wednesday:  
5 p.m. — Bible study potluck  
6 p.m. — Bible study, Pioneer Clubs, teen ministries

For information about Islamic, Jewish, Orthodox or other services, call the base chapel at Ext. 2500.

\*The chapel annex facility is closed for renovation through April.

# Movies

## Today "National Treasure"

(PG, action violence and some scary images, 125 min.)

Starring: Nicolas Cage and Justin Bartha.

## Saturday "The Incredibles"

(PG, animated, 115 min.)  
This is a revival showing.  
Admission is \$1.50 for adults and \$1 for children.

All movies are shown at 7 p.m. at the base theater, unless otherwise noted. For more information, visit [www.cafb.grapevine.com](http://www.cafb.grapevine.com).

# Resolutions: a new way to start the new year

**Lisha Peacock**  
14th Services Division

Webster's Dictionary defines resolution as "a formal expression of opinion, will or intent." As the holiday season subsides and we find ourselves tired, sluggish and a little more snug at the waistline, many of us will make resolutions that we truly intend to keep.

Resolutions such as exercising more, losing weight, quitting smoking and eating healthier top most people's lists. Year after year we express our intent, only to lose momentum and wane in willpower, returning to old habits before winter has even faded.

If this sounds all too familiar, don't despair. Making lifestyle changes to improve health and wellness is not an impossible task. It simply entails a small change in thinking and a concerted effort to set goals, be organized and follow through.

The primary reason resolutions fail is that by definition, they are merely thoughts and intents and do not take the next step — action! Here are a few simple tips to keep you going:

**Write things down** — The use of a journal has been a long-proven

tool in behavior modification therapy of all types. From weight loss to smoking cessation, making lists and checking them often is a proven tool to get you on track and to your goal.

List yearly, monthly, weekly and daily goals. Post the ones you struggle with the most and look at them often. Make regular progress checks. Writing keeps your mind focused and your path clear. The goal is awareness, accountability and progression, not perfection!

**Schedule fitness** — Make daily activity priority No. 1. Exercise is as essential as food and sleep. Play with your kids outside, join an intramural team, and if it takes you less than five minutes to drive someplace, walk there! Use the fitness center, the outdoor track and participate in an aerobics class to increase your strength, flexibility and cardiovascular fitness. Just get moving!

Americans spend billions every year in treating obesity and inactivity related diseases that could be avoid with a little planning and prevention. Your body and your pocketbook will thank you later.

**Fuel your body well** — We all know that without gas, oil and other essential fluids our cars don't run.

Yet we've all been guilty of skipping meals, grabbing junk food and overindulging from time to time. Then we crash diet and expect our bodies to be performance machines and keep up with a multitude of tasks from day to day.

Visit the health and wellness center. They teach free classes to help us learn how to feed our families and ourselves healthily. A team of nutrition and fitness professionals is at our fingertips with support, motivation and education regarding all aspects of health and wellness.

**Focus on wellness, not weight loss** — In our appearance-focused society, it's too easy to succumb to frustration and give up completely when the diet fails to drop a pound a day or the exercise routine does not create miraculous, instantaneous change.

Unfortunately, physical change takes time and permanent weight management takes a lifetime. There are no miracle pills and no magic routines. If you focus on appearance alone, success is fleeting. Make changes with health and wellness in mind and you won't fail.

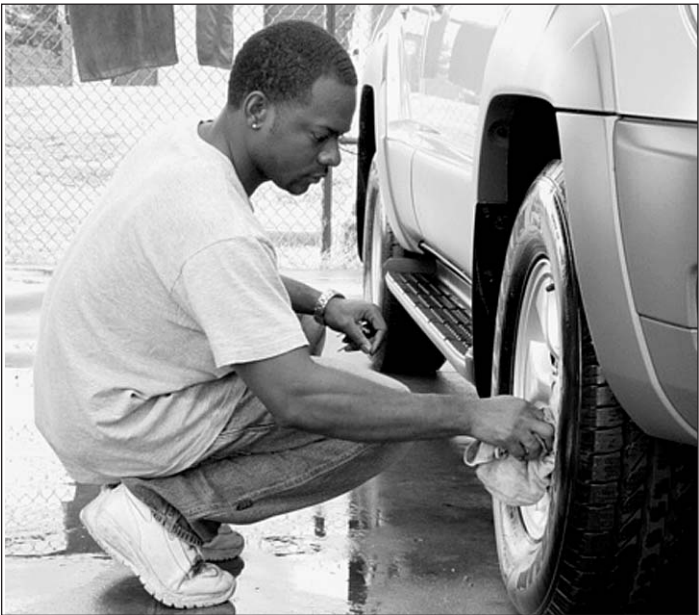
Make a game plan, stay focused and find yourself reflecting on success of a healthy life at this time next year.



Pam Wickham

**Maj. April Walker, 48th Flying Training Squadron, spends her lunch break with a workout at the fitness center. Certified personal trainers are on staff to tailor individual fitness routines. Call Ext. 2772.**

## Finishing touches



Pam Wickham

**Patrick Jones, auto detailer, provides a full-service auto detailing service through the auto skills center. His service also includes pick-up and delivery of vehicles. To make an appointment, call Ext. 7842.**

# Services provides family programs

**Champagne Sunday brunch:** The Columbus Club serves brunch from 10:30 a.m. to 1:30 p.m. Sunday. Menu includes sliced prime rib, seafood medley, an omelet and waffle station, bacon, sausage, French toast sticks with melted butter and syrup, scrambled eggs, sausage gravy, hash browns, biscuits, rolls, herbal new potatoes, au gratin potatoes, green beans almandine, corn o'brien, garden salad, fruit, champagne, orange juice, coffee, tea and assorted desserts. Cost is \$9.95 for club members and \$11.95 for non-members. Call Ext. 2490.

**Two-for-one filet mignon night:** The Columbus Club offers club members a "two for one" night from 5 to 8 p.m. Thursday. The meal features filet mignon and three shrimp wellington complete with baked potato, vegetable, salad, roll and dessert. Cost is \$18.95. Call Ext. 2489.

**Craft class:** People can learn to make folding screens at 10:30 a.m., 2:30 p.m. or 6:30 p.m. Thursday at the skills development center. Cost is \$26 plus fabric. The class scheduled for Jan. 27 will make a storage ottoman. Cost is \$26 plus fabric. Call Ext. 7836.

**Give parents a break/Parents day out:** The child development center and youth center offer this program from 9 a.m. to 3 p.m. Jan. 22. Parents must pre-register by Jan. 19. Call the child development center at Ext. 2479 and the youth center at Ext. 2504.

**Stampin' Up Classes:** Register by Jan. 18 at the community center for one of the workshops scheduled for 9 to 11 a.m. Jan. 20, 7 to 9 p.m. Jan. 20 or 1 to 3 p.m. Jan. 22. Cost is \$15 for five projects with all supplies included. New customers receive a \$10 discount. Call Ext. 7450.

**Trip to Mardi Gras:** The information, ticket and travel office offers a trip to Mardi Gras Jan. 28 to Jan. 30 in New Orleans, La. Cost is \$175 per person and includes transportation and two nights lodging (double occupancy) at the Holiday Inn. A deposit of \$50 is required when registering. Call Ext. 7861.

**Professional basketball games:** The information, ticket and travel office has tickets for Memphis Grizzlies basketball games Feb. 25, April 3 and April 8. Cost is \$60 per ticket. Call Ext. 7861.



**Computer classes:** The Bryan Public Library in West Point, Miss., conducts free computer classes throughout January. People may sign up for internet/e-mail, beginning and immediate Microsoft Word, beginning Microsoft Excel and beginning computer classes. To sign up or for more information, call (662) 494-4872.

**Community chorus:** Starkville-Columbus Community Chorus spring concert rehearsals are at 7:30 p.m. Mondays in the Choral Building on the Mississippi State University campus. The spring concert is scheduled for 5 p.m. March 6 at St. Joseph Catholic Church in Starkville, Miss. The repertoire for the concert will be announced at Monday’s rehearsal. For more information, call Dr. Linda Karen Smith at (662) 325-2870.

**Self defense class:** Safe Haven, Inc. and Wakaishu Judo Club sponsors a free rape prevention and self defense class from 6 to 8 p.m. Monday at 1501 Dr. Martin Luther King Jr. Drive North. The class is open to females ages 13 and older. For more information, call Safe Haven, Inc. at 327-6040 or class instructor Keith Worshaim at 352-6795.

**Southern Star:** The Columbus Arts Council sponsors round two of Southern Star, a performance showcasing local talent, at 7 p.m. Jan. 15 at the Princess Theater in downtown Columbus. Cost is \$5 per person. For more information, visit [www.columbus-arts.org](http://www.columbus-arts.org).

**Cake decorating:** The Columbus-Lowndes Recreation Authority sponsors cake decorating classes from 6:30 to 8 p.m. Jan. 18, Jan. 25 and Feb. 1 at Propst Park. Cost is \$45. To sign up or for more information, call 327-4935.

**YPAS performance:** The Young People’s Artist Series presents “Amelia Bedilia & Other Stories” at 12:30 p.m. Jan. 21 at Rent Auditorium located on the Mississippi University for Women campus. Admission is \$4 per person and tickets must be purchased by Jan. 17. For more information, contact the Columbus Arts Council at 328-2787.

**Piano lessons:** A one-night piano course is from 6 p.m. to 9:30 p.m. Jan. 24 at the Mississippi University for Women campus. To register or for more information, call 329-7137.

**Driver safety course:** The Trinity Place Retirement Community sponsors an American Association of Retired People driver safety course from 12:30 to 4:30 p.m. Jan. 24 and Jan. 25. For more information, call 327-6717.

**Symphony orchestra:** The Mississippi Symphony Orchestra performs at 7 p.m. Jan. 29 at Rent Auditorium on the Mississippi University for Women campus. Tickets are \$20 per person. For tickets or more information, call the Columbus Arts Council at 328-2787.

**Exchange student sponsors:** The Cultural Academic Student Exchange Inc. seeks families in the Golden Triangle Area to sponsor high school foreign exchange students. For more information, call (800) 458-8336.

**Tax assistance:** Volunteers are needed to provide free tax assistance to low and moderate income taxpayers. Tax assistance volunteers will receive training with instructional materials. For more information, call (662) 323-6433.

For more event listings, visit [www.columbus-ms.org](http://www.columbus-ms.org).

## BARGAIN LINE

### Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one)      Home      Transportation      Miscellaneous      Yard sales      Pets

Print advertisement \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Home Telephone # \_\_\_\_\_ Duty Telephone # \_\_\_\_\_  
(in case we need more information)

**Please let us know what you think of the Silver Wings:**

Are you happy with the Silver Wings?    Yes ☐    No ☐

What would you like to see more of in the newspaper?    News ☐    Sports ☐    Photos ☐    Other \_\_\_\_\_

If you would like to give any other suggestions, please e-mail us at [silverwings@columbus.af.mil](mailto:silverwings@columbus.af.mil).

## 36 hopefuls battle over 18 AF soccer team positions

**Tech. Sgt. Keith Houin**  
14 Flying Training Wing

Airmen from across the Air Force arrived at Columbus AFB Wednesday with a single purpose in mind — catch the watchful eye of Air Force soccer coaches Capt. Roy Dietzman of Ramstein AB, Germany, and Steven Lowe of Sembach AB, Germany.

In all, 36 airmen will willingly put themselves through three-weeks of grueling competition to secure one of the 18 spots on the team.

Though tryouts technically started this week, the process of making the team was started many weeks ago.

More than 60 resumes were submitted to attend tryouts this year, said Captain Dietzman.

Each resume was reviewed for previous experience, position played, individual soccer awards or recognition, and previous participation on the Air Force team, to select the best soccer players the Air Force has to offer.

Of the 60 applicants, 32 were selected to try out for the team. Four Columbus airmen received automatic invitations for being members of the host base. First Lts. Abe Cuddeback, 41st Flying Training Squadron, and Andrew Costello, 48th Flying Training Squadron, along with 2nd Lts. Thomas Clark, 14th Operations Support Squadron, and Paul Gagliardi, 48th FTS, are hoping to make the cut.

“Tryouts will be very physically demanding,” Capt. Dietzman said. The United States Soccer Federation considers military teams semi-professional, and the level of tryouts and training will reflect that.

“The players’ routine will consist of three practices a day, scrimmages and team building activities,” he contin-

ued. “At night, the potential team members will spend their time watching game footage.”

There won’t be any weekend breaks either. That time is reserved for play against nearby semi-pro teams in Atlanta and Memphis, Tenn., where the players will be tested against seasoned players from around the world, Dietzman said.

The very first weekend, they will play three games against two international teams, and the second weekend they will play three games against “very high-level competition,” Capt. Dietzman explained.

Those who make the cut will go on to play in the Armed Forces Championship at San Diego Naval Station, Calif., and hopefully earn the right to represent the United States at the North American Regional Tournament of the International Military Sports Council as part of the U.S. Armed Forces All Star Team.

Base personnel and families are welcome to watch tryouts and training, as well as attend games. The players will practice from 9:30 a.m. to noon and 3:30 p.m. to 5 p.m. Monday through Friday at the soccer fields located next to the 50th Flying Training Squadron.



Tech. Sgt. Keith Houin

**Thirty-six athletes will try to snag the attentions of coaches Steven Lowe and Capt. Roy Dietzman throughout the next three weeks to earn a spot on the Air Force soccer team.**

The out-of-town game schedule is as follows:

**Jan. 9** — Atlanta Southeast Soccer Complex

10 a.m. and 12:30 p.m. vs. Ligo Latino America

3 p.m. vs Bosnia-Herzegovina

**Jan. 12** — Memphis Mike Rose Soccer Complex

6:30 vs. Spartan Football Club

6:30 vs. Memphis International Football Club

**Jan. 15** — Nashville, Tenn. (location to be determined)

2 p.m. vs. Nashville Metros

**Jan. 16** — Memphis Mike Rose

11 a.m. vs. Memphis United Football Club

11a.m. and 3 p.m. vs. Memphis Flyers,

**Jan 19-20** — Huntsville, Ala. (location and games to be determined)

For questions about game times and locations, call 2nd Lt. Carmine Muscarella at Ext. 2772.

## Challenges of obesity identified

Obesity is a disease that affects nearly one-third of the adult population. The number of overweight and obese Americans (about 127 million) continues to increase with no sign of slowing down.

Obesity is the second leading cause of unnecessary deaths. It is a chronic disease that may increase your risk of developing high blood pressure, diabetes, heart disease, high cholesterol, metabolic disorders and some forms of cancer.

The body mass index (BMI) is a measurement tool used to determine body weight to height ratio. Overweight is defined with a BMI of 25 to 25.9, obesity is 30 or more. Awaist circumference of more than 40 inches in men and more than 35 inches for women increases a persons risk from obtaining a chronic disease.

People must learn to manipulate a caloric balance in order to maintain or lose weight. Strategies of dietary therapy include teaching about calorie content of

different food compositions (fats, carbohydrates and proteins), reading labels, types of substitutions and how to prepare healthy meals.

Overweight or obese individuals experience social stigmatization and discrimination from employment and academic situations.

Moderate physical activity, progressing to 30 minutes or more on most days of the week is recommended for weight loss.

Strategies of physical activity include aerobic exercise (such as aerobic classes, walking, jogging, cycling, and swimming), slow and gradual increase of exercise intensity and enjoyable activities that can be scheduled into a regular routine.

For more information on exercise or an exercise prescription, call base exercise physiologist Robert Pagenkopf at Ext. 2477. *(Courtesy of American Obesity Association and the American College of Sports Medicine)*